



Ditch the workout and

# Join the party!

**ALL GROUP FITNESS CLASSES ARE FREE**

**Total Body Express** – Monday, Wednesday, and Friday  
11:00 a.m.-11:30 a.m.

**Ab Blast** – Tuesday and Thursday  
11:00 a.m.-11:30 a.m.



\*Classes will be held in the Multi-purpose room in the Fitness Center.

For more information please contact Michael at the Fitness Center, 871-2668.